

The Newport Navallog

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

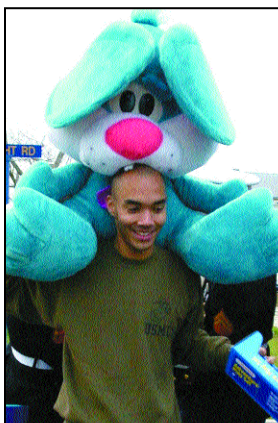
VOL. 102 NO. 47 NOVEMBER 22, 2002



Holiday tree due for lights

Naval Station Newport invites all hands to the Holiday Tree lighting on Dec. 2 at Dewey Field.

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Marines plan toy delivery

The Marine Corps Detachment organizes a Toys for Tots formation run today from King Hall.

— Page 2



Navy tasks new leaders

The November Class of 2002 graduates from the Naval War College, takes roles of leadership.

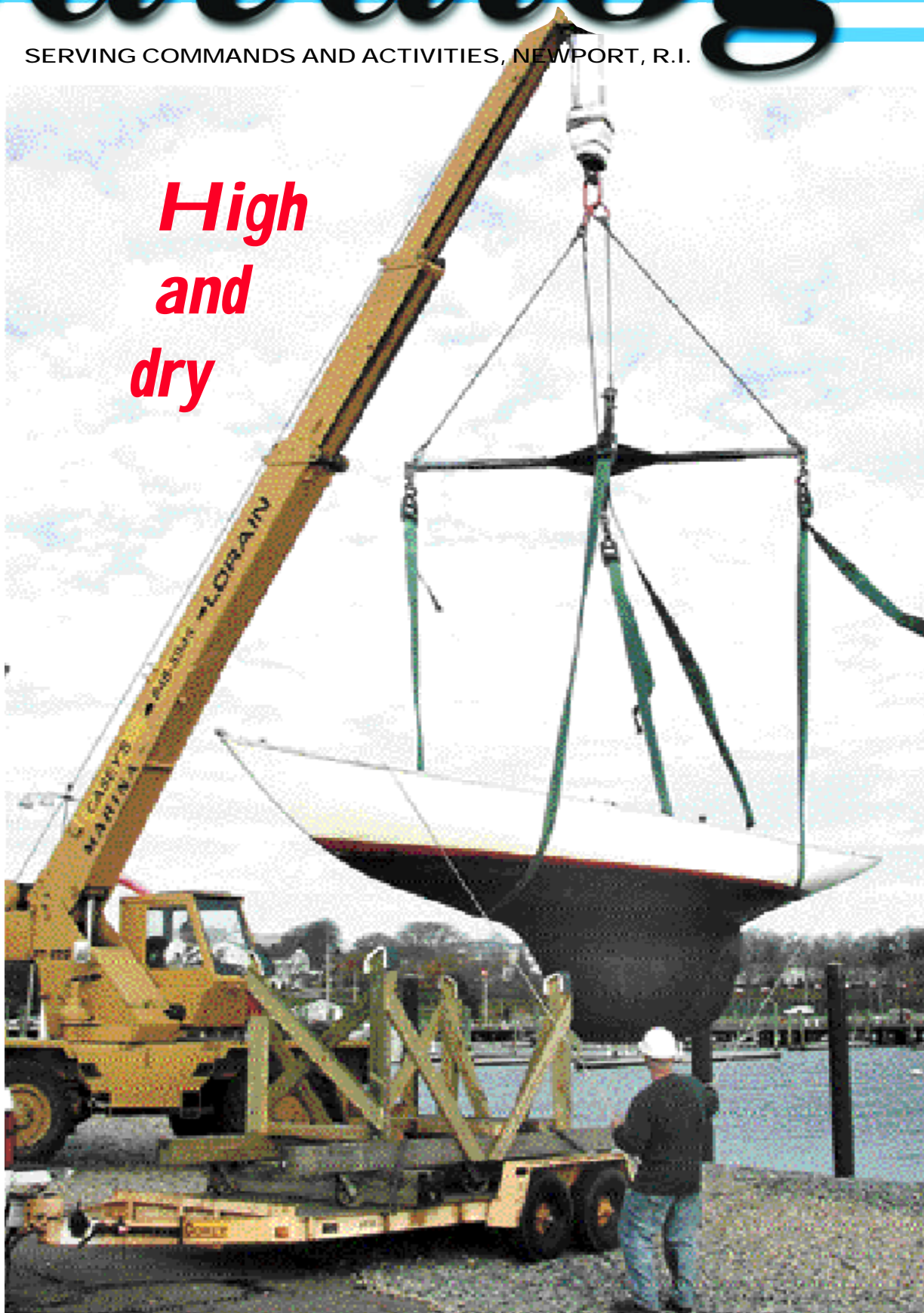
— Page 3



NAPS rules field, court

The Naval Academy Prep School fall athletic program posts an outstanding season.

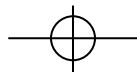
— Pages 8-9



*High
and
dry*

GREG O'SHEA, the assistant facilities manager of Morale, Welfare and Recreation Department (MWR), guides a 30-foot Shields to a boat trailer and cradle as it's hoisted by Casey's Marina and Boat Hauling of Newport. Story, more pictures, Page 12.

Richard Alexander/U.S. Navy photo



Roving Reporter

Our question:

If you were to say grace at your Thanksgiving dinner, what would you include in the prayer?

"I thank you that we are able to gather in Your name on such a glorious occasion."

—**DKSN Aquira Kari Johnson**
of North Chicago, Ill.
PSD Newport

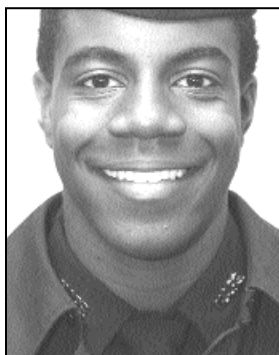


"Thank you for providing the opportunity to live another year to share this meal with family and friends. Thank you for keeping the world safe after the Sept. 11 incidents. Thank you for placing so many good people in my life."

—**LN2 Octavia M. Harrison**
of New York, N.Y.
Naval Station Newport

"I would pray for all of our fellow Sailors and soldiers overseas right now, and hope that they are able to return to their friends, family and home soon."

—**Ens. Kelly Hogan**
of Miami, Fla.
Surface Warfare
Officers School

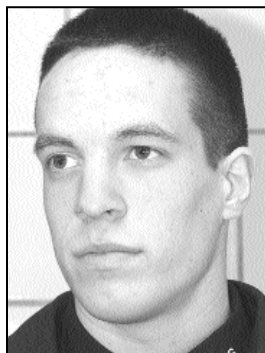


"I would give thanks for the blessings and opportunities that have come this year, and ask that we could have strength and guidance for the coming challenges as we begin to enter the new year."

—**M/C Laurence Trotter**
of Cleveland, Ohio
Naval Academy
Preparatory School

"I would ask for continued support from a country that seems to take a new pride in its military. I would also ask that my family remain healthy and happy, and that my friends have the same luck that I have."

—**M/C Christopher Reyes**
of Rochester, N.Y.
Naval Academy
Preparatory School



Marines' Toys for Tots run steps off today at King Hall

ENS. JENNIFER BERG
NAVSTA Public Affairs Staff

The annual Marine Corps Reserves' Toys for Tots program is literally off and running.

After setting out numerous collection boxes this week, with the help of the Marine Corps Detachment (MARDET) at Naval Station Newport (NAVSTA), the second annual Toys for Tots formation run will take place today at 2:30 p.m. behind King Hall, Codrington Point.

Capt. Chris Silvern, Commanding Officer, MARDET,

said the run to Building A71 (the former Teddy Colbert Child Development Center) is open to all hands. Each runner should bring at least one unwrapped toy to deposit at the finish line.

To register, just show at the field with a toy.

The Toys for Tots program began in Los Angeles in 1947 under the direction of Maj. Bill Hendricks of the U.S. Marine Corps Reserve. It has grown into the largest holiday charity program in the United States.

The Naval Station run was organized last year by Cpl.

Eliseo Rodriguez of MARDET. About 380 runners contributed 400 toys.

Anyone who doesn't want to run may drop toys at boxes at any of the following sites: the Navy Exchange, Naval Ambulatory Care Center, Fleet and Family Support Center, Surface Warfare Officers School, Naval War College, Personnel Support Detachment/Building 690, Ney Hall galley, Officer Indoctrination School, Naval Warfare Development Command, Navy Federal Credit Union (on base), or NFCU Mortgage Company (off base).

They also should be unwrapped.

All hands welcome at Holiday Tree

Get into the spirit of the season at the annual lighting of the Naval Station Newport Holiday Tree on Monday, Dec. 2, at the corner of Perry Road and Luce Avenue (Dewey Field inside Gate One).

All hands and their family members are invited to gather

To our readers

To post an announcement in The Newport Navallog, submit copy via guard mail (Code N01P), facsimile or hand delivery to our offices in Building 690 opposite the Naval Station (NAVSTA) Newport Main Post Office. Phone is 841-4921 and fax is 841-2265.

The U.S. Mail address is The Newport Navallog, c/o Naval Station Newport Public Affairs Office, 690 Peary St., Newport, R.I. 02841-1522.

Our email addresses are alexanderr@nsnpt.navy.mil for the editor Richard Alexander; or christmasj@nsnpt.navy.mil, for staff writer Joy Christmas.

To place an advertisement in the newspaper, either display or classified, contact The Newport Daily News, 101 Malbone Road, Newport, R.I. Phone 849-3300 or fax 849-3306.

Repaving winds up

Road and parking lot repaving should conclude this month for the winter, the Public Works Department has announced.

Pier Two's southern parking lot is 95 percent complete. The remaining section will be restriped by Nov. 23.

The northern parking lot will be postponed until spring.

The Gym 109 parking lot on the west side will also be finished by tomorrow. The remaining lots will be postponed until spring due to inclement weather.

Finally, Knight Road will be finished by the contractor tomorrow. Motorists should continue to use caution.

Navalog

Capt. Ruth A. Cooper
Commanding Officer, Naval Station Newport

David Sanders NAVSTA Public Affairs Officer	Bob Krekorian NAVSTA Public Affairs Staff	Greg Kohlweiss NAVSTA Public Affairs Staff
Ron Fontaine NAVSTA Public Affairs Staff	Joy Christmas NAVSTA Public Affairs Staff	Richard Alexander NAVALOG Editor

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The Newport Navallog is printed on recycled paper.

November Class told challenges await

By LT.J.G. PETER FEHRING
NWC Public Affairs Office

Anthony J. Principi, Secretary of Veterans Affairs, addressed the 74 graduates of the November Class at the Naval War College last Friday.

"We are a nation preferring peace, but prepared to do battle for a righteous cause," said Principi. "The Navy's most valuable, most flexible, most advanced system of all is a well trained and highly motivated crew, led by officers imbued with the highest values."

"The Naval War College prepares such leaders to recognize and embrace constant values in the face of the reality of unpredictability. Our Navy and our nation, will be looking to you to defend our shores and defeat our enemies."

The students completed a rigorous academic year, which consisted of three trimesters: Strategy and Policy, Joint Military Operations, and National Security Decision Making. Along with these core courses, students were also challenged with elective courses.

The Naval War College curriculum features seminar-based coursework which allows for debates and in-depth discussions on case studies.

"We have tried to teach you how to think, not what to think," said Rear Adm. Rodney P. Rempt, Naval War College President, in his charge to the graduates. "We give you the tools to deal with tough, unexpected problems, while underscoring the importance of personal integrity, leadership, and ethics."

The November Class included 22 senior officers and feder-



WELL DONE — Rear Adm. Rodney Rempt, left, President of the Naval War College, congratulates Lt. Col. Douglas Fegenbush Jr. as he is named the Honor Graduate for the November Class of 2002. Anthony J. Principi, right, Secretary of Veterans Affairs, delivered the commencement address at the graduation on Nov. 15.

Joe Quinn Jr./U.S. Navy photo

al government civilians in the College of Naval Warfare, 45 mid-career U.S. officers and federal government civilians in the College of Naval Command and Staff, and seven military officers and federal government civilians in the College of Distance Education.

All graduates received a Master of Arts degree in National Security and Strategic Studies.

Secretary Principi is a 1967 graduate of the U.S. Naval Academy at Annapolis, Md., and a combat-decorated Vietnam veteran. During the war, he served in command of a riv-

er patrol unit in Vietnam's Mekong Delta.

Graduates of the Naval War College November Class of 2002 follow:

College of Naval Warfare:
Cmdr. Robert A. Alonso, MC, U.S. Navy
Lt. Col. Thomas M. Baker, U.S. Army
Cmdr. Reginald C. Campbell, Sr., U.S. Naval Reserve
Cmdr. Thomas M. Cashman, U.S. Navy
Cmdr. Christopher E. Conkle, U.S. Navy
Cmdr. William T. Cooney, U.S. Navy
Cmdr. Rene R. Del Rosario, U.S.

Navy
Capt. John S. Edmondson, MC, U.S. Navy
Lt. Col. Douglas O. Fegenbush, Jr., U.S. Marine Corps
Cmdr. Leslie C. Ferguson, U.S. Navy
Mr. David N. Haigh, Department of the Navy
Cmdr. Judie A. Heineman, U.S. Navy
Capt. Abigail S. Howell, U.S. Navy
Cmdr. Kurt T. Irgens, U.S. Navy
Cmdr. Terry W. Johnson, U.S. Navy
Cmdr. Paula M. Jonak, NC, U.S. Navy
Ms. Adrienne C. Kirkland, Depart-

GRADUATION, Page 13

A number of things....

10

The number of victories, with only one tie, that the Naval Academy Prep School soccer team tallied in an undefeated season. **Story, Page 8.**

78,000

The number of bulbs you'll see on the Rockefeller Center Christmas tree if you take the Ticket Connection's motorcoach to New York City on Dec. 13. Call 841-3116.

53

The number of Sailors who lost their lives in motor vehicle accidents in 2002, according to Commander, Naval Safety Center. In the last four years, 317 shipmates have been lost.

90

The hull number carried by the Navy's newest guided missile destroyer Chafee after its christening in Bath, Maine, last week.

Newport Naval Cable TV

Navy commissions destroyer

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's Navy/Marine Corps News show:

— The Navy commissions its 38th Arleigh Burke class destroyer, the USS Preble, in Boston.

— A wreath-laying ceremony in Washington, D.C., ends the centennial celebration of

the destroyer Navy.

— NASCAR driver Mike Wallace meets Sailors and Marines at the Pentagon in a show of appreciation for their service.

Health and Wellness Videos

The Naval Ambulatory Care Center and the Health Promotion Action Council programs are offered on channel 13, daily, following Navy and Marine Corps News.

During next week's featured segments, beginning Nov. 25,

learn more about *Alcoholism* and *Alzheimer's Disease*.

Fleet and Family Support

Parents and teenagers may be interested in the Fleet and Family Support Center video series. These programs deal with a variety of topics, which are of interest to children of all ages, and families.

The programs air daily on channel 11 at 10 a.m., 1:30 and 7 p.m.

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Esquire recognizes professor as among 'Best and Brightest'

In the December issue of *Esquire* Magazine, Naval War College professor Dr. Thomas Barnett is among those listed "Best and Brightest" with ideas and vision for positive change."

Dr. Barnett is a strategic researcher at the college and principal adviser to the Office of Force Transformation at the Pentagon.

Dr. Barnett earned a bache-

lor's degree (honors) from the University of Wisconsin with a double major in Russian language and literature and international relations, with a concentration on U.S. foreign policy. In his junior year, he was elected to Phi Beta Kappa.

In addition, Dr. Barnett earned an AM in Regional Studies: Russia, Eastern Europe and Central Asia, and a Ph.D in Political Science from

Harvard University, with a major in international relations and minor in comparative politics.

While at Harvard, Dr. Barnett served as Research Assistant to the Director of the Russian Research Center, and worked as a teaching fellow in the History and Government Departments.

Dr. Barnett joined the staff at the Naval War College in 1998.



Ron Fontaine/U.S. Navy photo

ATTENTION SHOPPER — Retired Rear Adm. Joseph Strasser, right, president of the Naval War College Foundation, accepts congratulations from Robin Joseph, Navy Exchange general manager, for winning a \$300 shopping spree sponsored by Proctor & Gamble. Except for a package of golf balls, Strasser donated the remainder of money to the Marine Corps Reserves' Toys for Tots program.

Senior chief decorated for valor

Senior Chief Aviation Electronics Technician (AW/NAC) Steven L. Pierce, a faculty adviser at the Senior Enlisted Academy, has been recently

decorated for operations he conducted overseas.

Pierce received the Navy and Marine Corps Commendation Medal with Combat Distin-

guishing Device for his flights over the Middle East in support of Operation Enduring Freedom. The medal also has a V for a "Valor" device.

Pierce is from Jacksonville, N.C., and enlisted in 1983. He has served on the carrier USS Independence based in Yokosuka, Japan, and the carrier USS Kittyhawk based in Pensacola, Fla.

He joined the staff at the SEA in May 2002, and teaches classes involving communication skills, foreign affairs, and leadership.

Pierce advises Class 104 Blue Group.



Ron Fontaine/U.S. Navy photo

SENIOR Chief Steven L. Pierce, a faculty adviser at the Senior Enlisted Academy, poses in a Tomich Hall classroom.

Frocked to current rate

HR Trina J. Tutson, to third class, Naval Ambulatory Care Center, Newport, Nov. 8, 2002.

HR Adler Volmar, to third class, Naval Ambulatory Care Center, Newport, Nov. 8, 2002.

HN Neil M. Young, to third class, Naval Ambulatory Care Center, Newport, Nov. 8, 2002.

OS1 Christopher Arnold, NAVSTA Newport Combined Bachelor Housing, Nov. 6, 2002

GM2 William Bowman, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA2 Timothy Dowden, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

AO2 Tina Stulga, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Mark Adams, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Stephen Chandler, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Leonard Davis, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

curity Force, Nov. 6, 2002

MA3 Stephen Dowell, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Anne Finney, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Deena Harris, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Mark Long, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Thomas Monti, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MR3 Mario Rotilio, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Stephen Rutledge, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Jason Schoonover, NAVSTA Newport, Naval Security Force, Nov. 6, 2002

MA3 Kristin Veto, NAVSTA Newport, Naval Security Force, Nov. 6, 2002.

Let's learn to balance your personal checkbook

A representative from the Navy Federal Credit Union will provide you with the "ins and outs" of checkbook balancing at the Fleet and Family Support Center on Tuesday, Dec. 3, from 11:30 a.m. to 1 p.m.

Learn how to attain your financial goals by transforming your checkbook into a personal financial planning tool. Hear how you can reduce your checking account fees, avoid bouncing checks, better manage your cash flow, and safeguard yourself and your money. For information and to register for this workshop, call 841-2283.

Manage your holiday stress—The holiday season is fast approaching, and although this can be a joyous time, it also can be a time of stress. The Fleet and Family Support Center is offering a workshop entitled, "Managing Holiday Stress," on Thursday, Dec. 5, from 11:30 a.m. to 1

p.m. Hear some suggestions to help make your holiday season less stressful. Registration is required and may be made by calling 841-2283.

Long term care—Long-term

Fleet and Family Support Center

care is a phrase heard fre-

quently. A Navy Federal Credit Union representative will be at the Fleet and Family Support Center on Tuesday, Dec. 10, from 11:30 a.m. to 1 p.m., to explain what long-term care coverage

is and why it is important.

Find out your options and some common misconceptions. Call 841-2283 for more information and to register.

Steps taken for suicide prevention

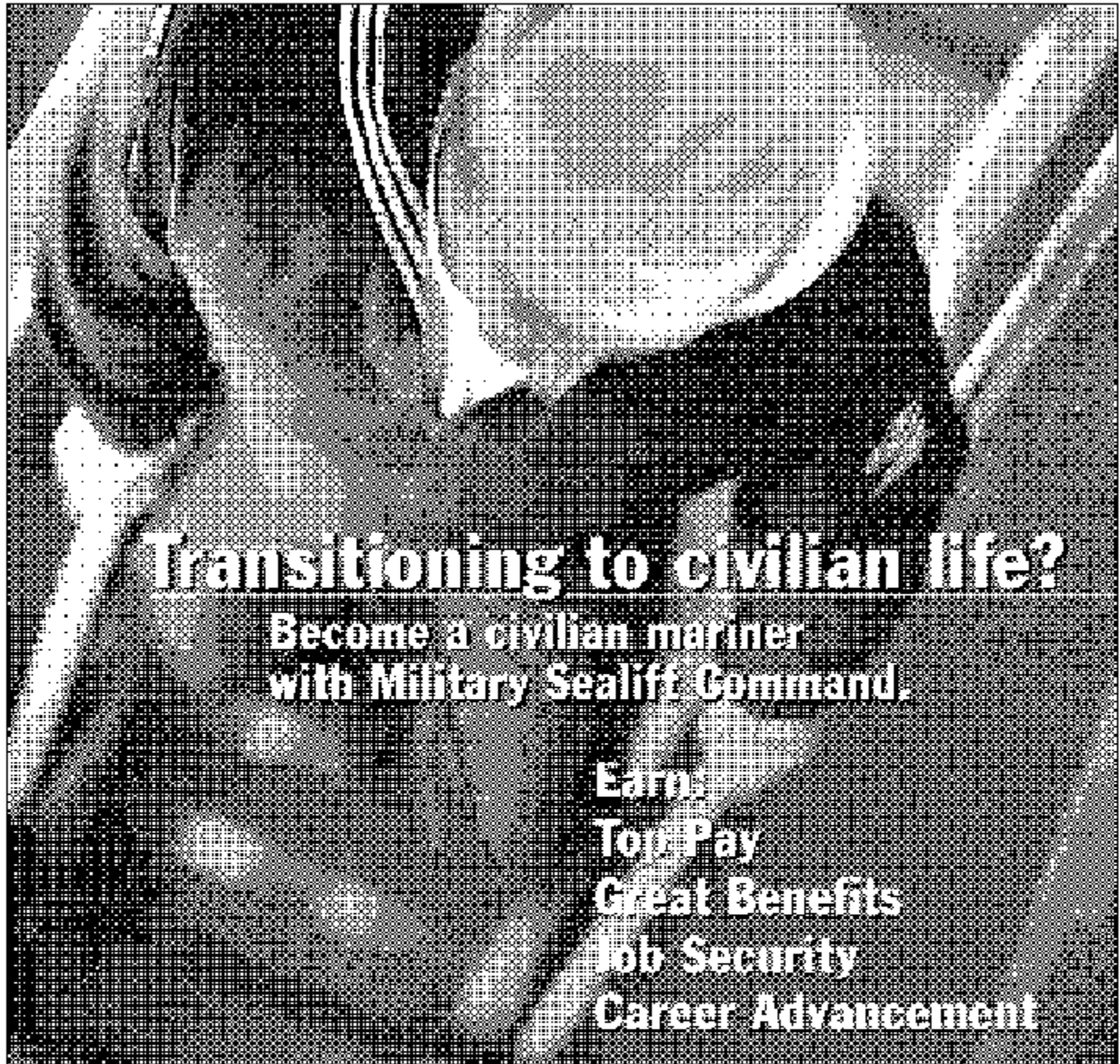
PENSACOLA, Fla. — The Chief of Naval Education and Training (CNET) is joining other Navy commands in announcing a new Department of Defense (DOD) Suicide Prevention Campaign. Themes for the campaign are "Everyone Counts," and "Taking Action Saves Lives."

According to Capt. Jerry McNabb, CNET claimant chaplain and suicide prevention program manager, this issue requires continuous command emphasis.

"We must become aware of who works for us and with us, and know what to do if they begin to exhibit suicide warning signs," he said. "Throughout the Naval Education and Training Command (NAVEDTRACOM), we are taking proactive efforts to reduce suicides."

One NAVEDTRACOM initiative in the suicide prevention process is the partnership that was recently formed between the Suicide Prevention Council at Naval Air Station Whiting

SUICIDE, Page 13



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Military Sealift Command's recruitment requires sponsorship by employer and a six-month waitlist.



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What's going on

MWR offers Turkey Trot

Burn off some extra calories before Thanksgiving by joining the "Turkey Trot Fun Run and Walk" today beginning at 11:50 a.m. The three-mile run and one-and-a-half-mile walk will take you around Coasters' Harbor Island, beginning and ending at Gym 109.

This event is open to all active duty, retirees, reserve personnel, Department of Defense civilians and all family members. Participants under age 18 must have written parental consent (forms available at Gym 109).

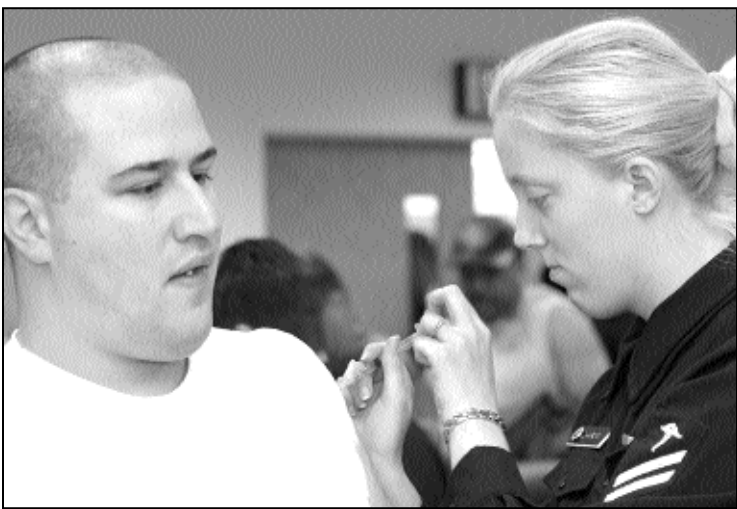
Prizes will be awarded to the first female and male to cross the finish line.

For more information, call Brett Estrella at 841-7196.

TODAY, Nov. 22

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Nantucket Basketweaving, 9 a.m. to noon.
 - Adult Beginner Graduates No. 1, 9 a.m. to noon.
 - Creative Cooking with Kathy, 9:30 a.m. to noon.
 - Lunchtime BINGO, at the Recreation Center, Building 656. Noon to 1 p.m. Also Thursdays.
 - Fitness Equipment Orientation, FITNESS Plus, Building 355, 8, 9 and 10 a.m. Also, Wednesday and Friday mornings. Call 841-1474.
 - Birds of Prey, Norman Bird Sanctuary, 10:30 to 11 a.m., 846-2577.
 - Victorian Christmas Tours, Astors' Beechwood Mansion, 846-3772.
 - Chamber Dinner Dance and Silent Auction at the Viking Hotel, 6 to 11:30 p.m., 847-1608.

NEELED— Engineman Second Class Antonio Acevedo gets his flu shot from Hospitalman Amy Karow at Building 690 during a mass vaccination for military.



Ron Fontaine/U.S. Navy photo

SATURDAY, Nov. 23

- Red Cross Shelter Operations Course, Best Western Mainstay Hotel, Newport, 9 a.m. to noon, 846-8100.
- Annual Fall Bazaar, United Congregational Church, Middletown, 9 a.m. to 2 p.m., 849-5444.
- Victorian Christmas Tours, Astors' Beechwood Mansion, 846-3772.
- Red Cross Damage Assessment Course, Best Western Mainstay Hotel, 1 to 4 p.m., 846-8100.
- Common Fence Music, Common Fence Point Community Hall, 8 p.m., 683-5085.

SUNDAY, Nov. 24

- Chapel of Hope worship services:
 - Catholic mass, 9 a.m. and noon
 - Protestant Services, 8 and 10:30 a.m.

- Destroyermen's Day observance, 100th anniversary year of the destroyer class of warship, Chapel of Hope, 3 p.m. All hands welcome.

- Sunday Bowling, Seaview Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.

- St. Mary's Church Concert Series, St. Mary's Church, 3 p.m., 846-4926.

- Victorian Christmas Tours, Astors' Beechwood Mansion, 846-3772.

- Rossini's Petite Messe Solennelle by Swanhurst Chorus, Channing Memorial Church, 4 p.m., 682-1630.

MONDAY, Nov. 25

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - It's for the Squirrels, 11 a.m. to noon.
 - Open Sewing, 6 to 9 p.m.
 - Fitness Walk and Tone, 8 to 9 a.m., Gym 109.
 - Intermediate Weight Training for Women, 9 to 10:30 a.m., \$10 per person.

TUESDAY, Nov. 26

- Armed Services YMCA:
 - Fitness Hour, 9 to 10:30 a.m.
 - Scrapbooking, 9 a.m. to noon.
 - Kids Sewing No. 2, 4 to 5:30 p.m.
 - Fitness Walk and Tone, 8 to 9 a.m., Gym 109. \$5 for five weeks! Call 841-3154.

• Intermediate Weight Training for Women, 9 to 10:30 a.m., Gym 109. \$10 per person. Call 841-3154.

- Officers' Club movies, 6 p.m. *Like Mike* (PG); 8 p.m. *XXX* (PG-13).

WEDNESDAY, Nov. 27

- Armed Services YMCA:
 - Parents' Time Out, 9

a.m. to noon.

- Victorian Christmas Tours, Astors' Beechwood Mansion, 846-3772.

- Tomorrow Fund benefit, Elks Lodge, 9 a.m.

THURSDAY, Nov. 28

- Armed Services YMCA closed in observance of the Thanksgiving Holiday
- Fleet and Family Support Center closed in observance of Thanksgiving holiday.

Upcoming events:

- Nov. 29 – Island Moving Co. creates a unique "Newport Nutcracker" for Rosecliff. Opening Night. Tickets \$45 a piece. To purchase tickets please call 847-4470. Show runs until December 5th.

- Nov. 30 and Dec. 1 – Newport Craft Fair, Hotel Viking, 1 Bellevue Ave., Newport, 847-3213, 10 a.m. to 5 p.m., free admission.

Abduction, sexual abuse subject of NACC seminar

The Naval Ambulatory Care Center (NACC), Newport, will sponsor a seminar, "How To Talk With Your Children About Abduction And Sexual Abuse," on Tuesday, Dec. 3, at 6:30 p.m. in the NACC Command Conference Room, Building 43.

The speaker will be senior special agent Paul C. Graf of the U.S. Naval Criminal Investigative Service (NCIS), Northeast Field Office, Newport.

He has specialized in child abuse investigations for 17 of the more than 23 years of service with NCIS. Graf is a nationally recognized investigator and speaker, and has provided training for thousands of police, professionals, and parents on issues of child mal-

treatment.

Many child sexual abuse cases could have been prevented. Law enforcement wants to teach parents how to open up to their child and learn ways to protect them. By communicating effectively with children, parents protect them-by arming them with adult knowledge of safe, acceptable behavior.

Limited seating is available. Call Health Promotion to register at 841-6777.



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Your military health care files are always private

As a beneficiary of the Department of Defense Military Health System (MHS) and TRICARE, one of the basic rights that you have, aside from the right to receive quality health care, is the right to keep private your health care information.

The Health Insurance Portability and Accountability Act (HIPAA) of 1996 established health care standards or "privacy rules" that all U. S. military and civilian health care providers, hospitals and organizations are required to follow to protect the privacy of health care information from unauthorized disclosure or use. TRICARE will implement the new privacy rules on April 14, 2003.

Under HIPAA privacy rules, the MHS is required to inform you about how your personal health care information is used, provide guidance on your privacy rights, and limit use and disclosure of your personal health care information to the minimum required.

To increase beneficiary awareness regarding these new privacy rules, beginning in November 2002, a copy of the MHS Notice of Privacy Practices will be sent to each TRICARE sponsor listed as eligible in the Defense Enrollment Eligibility Reporting System. Beneficiaries will be asked to acknowledge receipt of this privacy notice during their first scheduled appointment after April 14th at their local military treatment facility (MTF).

"The MHS has always had privacy and patient confidentiality standards in place to limit unauthorized access or disclosure of personal health care information," said Navy Cmdr. Sam Jenkins, HIPAA Privacy Project Officer, TRICARE Management Activity.

"These new privacy rules provide TRICARE beneficiaries with additional safeguards for ensuring their health care information is adequately protected and appropriately used by the MHS and TRICARE to provide quality patient care," Jenkins said. Permissible uses of health care information include treatment, payment for services provided and operations such as patient billing or appointment scheduling.

Under the privacy rules, you have the right to receive a notice of MHS privacy practices from the MTF; access, review and receive a copy of your personal medical record or health

care information on file at the MTF; request a change or correct an error in your medical record; know how, when and to whom your medical information is disclosed; file a grievance with the MTF regarding a privacy concern; and finally, provide written instructions on your personal preferences regarding use and disclosure of your personal health information.

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Your personal health care information may be disclosed

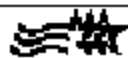
TRICARE, Page 13

"The accident was 20 miles from nowhere in Montana. US Family brought us home."

"My wife and I were in an automobile accident in Montana, 20 miles from the nearest town. It took two ambulances and two aircraft to air-evac us to Billings. She was in intensive care for a week. After a few more weeks, when I thought I'd be spending the rest of my life in Billings, Montana, the Uniformed Services Family Health Plan sent a Lear jet out of Denver. It landed at 8:00 a.m. and we were on our way at 9:00 a.m. - the pilot, copilot, ambulance attendant, flight nurse and the two of us. Four hours later we landed in Hyannis, where an ambulance was waiting to take my wife to the rehab hospital in East Sandwich. I thought that was rather extraordinary."

- Rod Walz, US Air Force, Ret.
US Family Health Plan member,
Falmouth, MA

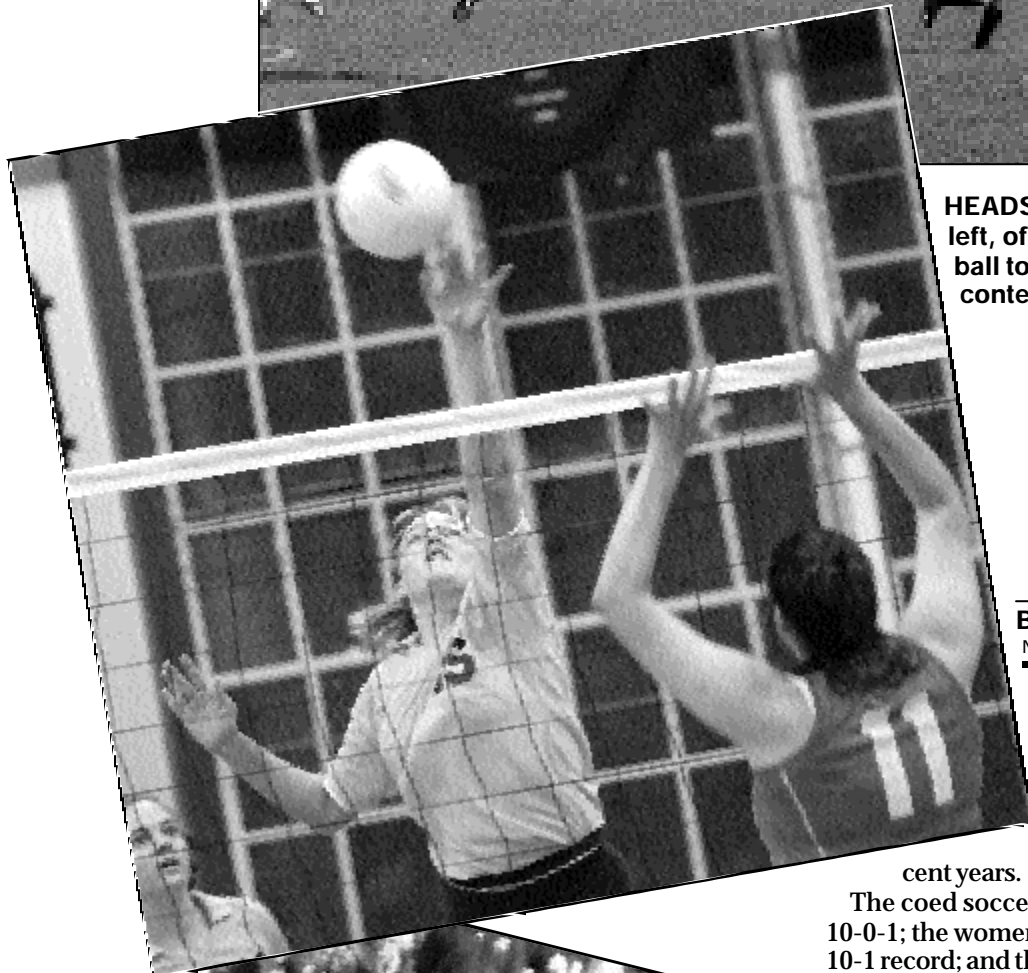
At US Family Health Plan, our mission is to help you get the care you need - even in the middle of nowhere. Enrollment is open all year - to military beneficiaries of all ages. For more information, call 1-800-818-8888.



US Design: Michael Blum & John, reflected services family health plan. It was a great year in the military health care.



HEADS UP—Midshipman Candidate Benjamin Tourangeau, left, of the Naval Academy Prep School soccer team, heads the ball to teammate Kevin Krmpotich, center, during a hard-fought contest against Bridgton Academy in Maine.



NAPS dominates in fall sports

By LT. JIM HAMILTON
NAPS Public Affairs Officer

The Naval Academy Prep School's (NAPS) fall athletic program, involving soccer, football and volleyball, was by far the most successful in recent years.

The coed soccer team went undefeated at 10-0-1; the women's volleyball team ran up a 10-1 record; and the football team posted a 8-2 season.

Both the women's volleyball team and the football team posted wins over arch rival Military Academy Prep School to highlight the season.

Volleyball sets new school record

The 2002 season saw a new school record for most wins by the Lady Rams volleyball team. Mariellen Carnes led the team in assists while Karla Lazenby and Aimee Burns led the team in kills.

TOP: Miranda Melson on the Naval Academy Prep School's (NAPS) women's volleyball team reaches to spike against Military Academy Prep School as teammate Karla Lazenby, left, waits on defense.
LEFT: NAPS football defensive back Travis Wetzel (99) levels Nassau Community College running back in their contest last September.

It was a phenomenal season with a team made up of very experienced players and women that have never played before, the coach said. Their talent and competitive spirit came out in every game by each player to make this the most successful NAPS Volleyball team in history.

Booters post 10-0-1 mark

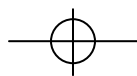
With a cancellation of its final scheduled game on Nov. 6, the Rams soccer team completed its 2002 season undefeated.

Downpours and a rain-soaked field nixed the contest against Phillips Exeter Academy in Exeter, Mass.

The team's record of 10-0-1 was the best recorded by any NAPS soccer team since 1996 and the best record among NAPS fall athletic teams. The only down side, if there was one, came with the tie between Military Academy Prep School (MAPS) and NAPS on Oct. 19.

"As a coach there it nothing like having a winning season, but to have an undefeated season is just plain outstanding," said Coach Paul Bergen. "It has been my pleasure to have coached such a fine group of young men and women this past year and in the last three years here at NAPS. I know they will do well and I look forward to seeing these players at their respective academies."

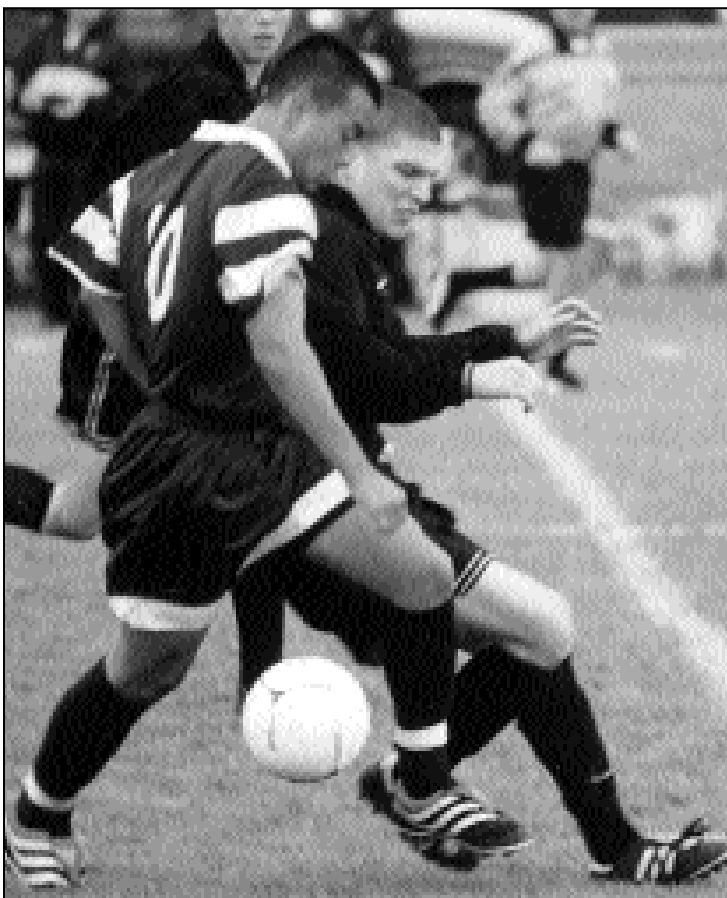
Starting back in August when the team
NAPS, Page 9



THE RAMS football squad gathers for a team picture after beating the Military Academy Prep School in Monmouth, New Jersey, this month.



UNDEFEATED — The Naval Academy Prep School soccer team poses in front of their goal recently after a 10-0-1 season. Front row, from left, are Kevin Krmpotich, Miguel Recalde, Brady Beauchamp, Margaret Curran, Lee Crucius, Luigi Figueroa, Candace Rodela, Lauren McCabe, David Medows, Elisa Benitez and Franklin Hernandez. Back row, Coach Paul Bergen, Franklin Lemene, David Barriga, Sean Allen, Justin Stapleton, Eric Miller, Christopher Toussaint, Garth Davidson, Benjamin Tourangeau, Thomas Mulder, Michael Modeer, John Reynolds, Bradley Feige, Kelly Haycock, Jonathan Ladyga and assistant coach Brian Gerhardt.



The Rams' David Barriga (10) chase down a loose ball against the Military Academy Prep School at Prichard Field in October. The schools settled for a tie.

NAPS

Continued from Page 8

was being formed the outlook was promising because of the quality and talent of the players. With the first game against Massasoit College the team came together and played as if they had been together for years.

Dean College of Franklin, Mass., proved that NAPS could take on and beat a first rate college team. Down early in the first period NAPS came back, took the lead and never to let it go.

The real test of just how good this team was came when NAPS played Mitchell College of New London, Conn., for the first time at Prichard field and won, 2-1.

The leading scorers this season for NAPS were Justin Stapleton with 10 goals and Kevin Krmpotich, eight goals.

Goaltenders Cadet Candidate Lee Crusius and Midshipman Candidates Luigi Figueroa and Candace Rodela together combined for a total of 81 saves and four shutouts. The backfield held the opposition to only 10 goals in 156 shots.

Football posts strong 8-2 season

Under head coach Bryan Brouse, the NAPS football team finished one of its top seasons in recent history, despite dropping its last game against Naval Academy junior varsity, 14-9, Nov. 15 at Annapolis, Md.

The gridders finished at 8-2, including victories over Nassau Junior College, Hudson Valley Community College and Dean College. They also claimed victories over Brown University junior varsity and Division III schools Bridgewa-



The NAPS volleyball team members high-five each other after defeating Army Prep.

ter State and Endicott Junior Colleges.

Led by defensive coordinator Clayton Kendrick Holmes, the Rams' defense held firm during the 2002 season, giving up an average 15.4 points per game.

Defense coaches Maj. Mike Straud, Lt. Brian Graham, Ens. Dan Ryno and Ens. Mike Wagoner spent many hours developing the players over the season.

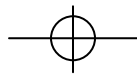
Offensive coordinator Brian Wajert led the NAPS offense to a 24.4 point per game average, highlighted by a 54 point performance against Endicott College and 37 points vs. Army Prep.

Assisted by Ens. Eric Reed, Ens. Terrance Coleman, Ens. John Jeffery and Jack Gulison the NAPS offensive unit ran the triple option up and down the field.

Next year NAPS will open the season on its new astroturf at Nimitz Field.

(Team coaches contributed information for this story)

PHC (AW) Jon Hockersmith
and NAPS Athletic Department/U.S. Navy photos



Naval Station Newport Dining

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

information, call 841-4821.

Today: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections.

Tonight: Kick off the weekend right with complimentary hors d'oeuvres in the Topside Pub every Friday from 5 to 7 p.m. As always, you can order your favorite beverages or something from the pub menu, available until one hour before closing.

Saturday: Topside Pub opens at 4 p.m. Full pub menu available until one hour before closing.

Sunday: All hands Brunch, buffet-style, main dining room, 10 a.m. to 12:30 p.m. Reservations required.

Monday and Tuesday: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5:30 to 8 p.m., Topside Pub Pasta Night. All-you-can-eat fresh cooked pasta, salad and warm garlic bread. Pub opens at 4 p.m. On Tuesdays, free movies at 6 and 8 p.m. in the Topside Pub.

Wednesday: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5 to 7 p.m., Topside Pub, free sliced beef sandwiches. Buy a beverage of your choice and receive a food token redeemable for two sandwiches. Other items also available. Pub opens at 4 p.m.

Thursday: Lunch, 11 a.m. to 1:15 p.m., main dining room, buffet-style selections. Dinner, 5 to 7 p.m., Topside Pub, Lobsters for Happy Hour. One-plus pound boiled lobsters, giant baked potatoes, hot and spicy wings, fresh garden salads, and creamy clam chowder. Pub opens at 4 p.m.

Upcoming Events:

Advance tickets may be required for the following events. Gratuity is included in all tickets prices and there is no charge for children age 3 and under at special events. Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard.

Nov. 28: Your whole family will give thanks when you purchase tickets for the Officers' Club annual Thanksgiving Day Feast on Thursday, Nov. 28.

Enjoy an abundant appetiz-

er and salad bar, dozens of delicious entrees, homemade breads and rolls, and a decadent pastry and dessert bar for just \$24.10 for adults, \$11.45 for children 4 to 12 (children 3 and under are free).

The buffet will be served from 11 a.m. to 3 p.m.

All ticket prices include 15 percent gratuity and seating times must be requested when purchasing tickets. Purchase tickets at the Officers' Club Gift Shop during normal hours of operation or by phone at 846-7987, using Visa or MasterCard.

Dec 8: Take time out of your busy holiday schedule and treat yourself to this spectacular Shrimp-A-Peel buffet on Sunday, Dec. 8 from 6 to 9 p.m. If you love shrimp, then you will certainly want to get in on this special dining event!

The extensive buffet includes baked stuffed shrimp, shrimp cocktail, shrimp scampi, grilled lemon pepper shrimp, Louisiana BBQ shrimp, three-alarm shrimp, table-served golden-fried split-tail shrimp as well as a fresh salad bar, delicious breads and homemade shrimp bisque.

Tickets cost \$29.85 for adults, \$11.45 for children (4-12), and, as always, children 3 & under are free. Please note - Gratuity is included in ticket price. Seating reservations are required and must be made at time of ticket purchase. Call 846-7987 to purchase tickets or for more information.

Enlisted Lounges (Recreation Center, Building 656, phone 841-3054)

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for advance order take-out. No home delivery.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Unwind after work at the Recreation Center with a complimentary hors d'oeuvres buffet from 5 to 7 p.m. Or, enjoy a delicious fish and chips dinner from 5 to 8 p.m. for just \$4.75. Fish and chips are available for take out; no home delivery.

So, tell your friends and get ready to kick off the weekend at the Recreation Center. For more information, call 841-3054.

Saturday: 11 a.m. to 11 p.m., Pub menu available from 1 to 9 p.m.

Sunday: Noon to 8 p.m., Pub menu available until one hour before closing.

Monday-Friday: Breakfast, 7:30 to 11 a.m., full menu featuring omelets, breakfast sandwiches, bagels, muffins, croissants and pancakes.

Lunch, begins at 11 a.m., daily specials and pub menu, including burgers, salads, sandwiches and more. Lunch and dinner is open to all hands and Department of Defense civilians are always welcome.

Call for advance order take-out. No home delivery.

Monday is "Pile your Plate" with Pasta night, 5 to 8 p.m. Enjoy pasta, marinara sauce, meatballs, sausage, salad and more! Just \$4 per person.

Tuesday is "Taco Night," 5 to 8 p.m. Create your perfect taco using all your favorite ingredients for just \$1 each!

Weekly Pool Tournaments: If you love the friendly competition of a pool tournament, the Recreation Center is the place for you, every Tuesday night! It's the only place you can enter a winner-take-all, double-elimination tournament for just \$5!

The tournaments are open to active duty, retired, reservist and DoD civilian personnel, age 18 or older and will take place beginning at 7 p.m. in the EM Club at the Recreation Center, Building 656.

Only the first 10 participants can play! For more information, call Deb Newton or Kathy Watterson, evenings at 841-2575.

Wednesday is "Wild Wings" Night, 5 to 8 p.m. Basket of chicken wings (available three ways), fresh celery and blue cheese dipping sauce costs just \$2.25!

Thursday is our "Sizzling Sirloin Special," 5 to 8 p.m. Includes steak, french fries and salad for a "sizzling" \$7.50!

Tune in the weekly reality based show, *Survivor*.

This show's contestants include Training Pool 307 coordinator Helen Glover, trying to outwit, outplay and outlast the competition.

Keeping the Faith



Let's give our thanks to our Provider God

By CAPT. BERT MOORE

Director, Naval Chaplains School

History teaches us that the Thanksgiving holiday began with the Pilgrims in Plymouth, Mass. They celebrated that fall's harvest yielding more than enough corn to see them through the winter.

According to some accounts of the occasion, Gov. Bradford declared a Day of Thanksgiving that October of 1621. Massachusetts, chief of the Wampanoags, arrived a day early with 90 Indians, five dressed deer, and more than a dozen wild turkeys. There was more than enough food for the celebration that continued for three days because of God's abundant provisions.

More than 200 years later, President George Washington issued a Thanksgiving Proclamation stating, "I do recommend...that we may then all unite in rendering unto Him (God) our sincere and humble thanks for His kind care and protection of the people of this country." Early in our nation's history we united to give thanks to God for His provisions and protection in the midst of an uncertain future.

Today, we gather in different places with different traditions and from different cultures to celebrate Thanksgiving. It will be celebrated on the mess decks of deployed ships, with family and friends, and even by those standing watch. The foods may vary but the common purpose remains of sharing a meal to express thanks to God for His Providence and

Provision toward our country, especially over this past year.

As you prepare for Thanksgiving this year, let me suggest three things to be thankful for:

First, the diversity within our country. America has long stood as a symbol of unity in the midst of diversity. Our heritage stems from all over the world. As we work together in the Navy we experience unity in the midst of such diversity.

It is that diversity that makes us strong, gives us creativity, and reinforces the love of the freedoms we enjoy. In this way, diversity refreshes and encourages. This reflects the sentiments of the Psalmist, King David of Ancient Israel, when he wrote in *Psalms 133*, "How pleasant it is for brethren (all people) to dwell together in unity."

Second, the heritage that we enjoy as Americans. Beginning with those first settlers at Jamestown and Plymouth Colonies in the early 1600s we celebrate the spirit of courage, honor and commitment as we reflect on this great country that was forged from such values.

We also celebrate the heritage of our great Navy and think of the courage, honor and commitment of such great individuals as Stephen Decatur, Commodore Perry, and Chester Nimitz. Today, we are participating in and shaping the heritage of our nation and our Navy.

Third, the responsibilities entrusted to us. The U. S. Navy exists to ensure the freedom

THANKS, Page 13

Special events



Ens. Jonathan Kehoe/U.S. Navy photo

GREYHOUND IN PORT — The guided missile destroyer USS Ross sits at the end of Pier Two during Naval Station Newport's Destroyer Centennial celebration last summer.

Service for Destroyermen's Day

Gov. Lincoln Almond of Rhode Island has proclaimed Sunday, Nov. 24, as "Destroyermen's Day" to commemorate the sacrifices of the men and women of our naval service who served on that unique class of warship known as the "destroyer" over the last 100 years.

The day also marks the 100th anniversary of the commissioning of destroyer USS Bainbridge (DD-1) and brings to end the Navy's year-long Destroyer Centennial celebration.

Capt. Rich Callas, Secretary, of the Surface Navy Association, Newport Chapter, said a short commemorative service will be held Sunday at 3 p.m. at the Chapel of Hope, Naval Station Newport.

Rear Adm. Ronald A. Route, Commander, Navy Warfare Development Command, will be the guest speaker.

The service is open to all. Uniform is service dress blue or appropriate civilian attire. Refreshments will be served in the Fellowship Hall in the Chapel of Hope following the service.

Announcements

Thrift shop to close on Thanksgiving Day

The Navy-Marine Corps Relief Society Thrift Shop (Building 305) will be closed Thursday, Nov. 28, for Thanksgiving.

The donation bin will remain open. For Thrift Shop information call 846-7961 or 841-7342.

Chapel of Hope closed after Thanksgiving

Chapel of Hope will be closed on Friday, Nov. 29. The duty chaplain is available through the Naval Station Newport quarterdeck, 841-3456.

Leisure

Swimming (Pool 307, 841-6628)

Swimming lessons offered: Pool 307 will offer a special, two-week session for swimmers of all experience levels, beginning Monday, Dec. 2.

Children ages 3 and up are invited to learn elementary swimming skills and basic water safety. Lessons cost just \$40 for eight sessions and take place for 30 minutes per day, Monday through Thursday, from to Dec. 19.

Register today at Pool 307 or call Jeff Cornell at 841-6628 for more information. The fall/winter swim schedule follows:

- Water aerobics, Tuesday and Thursday from 4:45 to 5:45 p.m. Cost is \$3 per class or \$25 for 11 classes.

Recreational swimming:

- Lap Swim for all authorized patrons (fees apply), Monday to Friday, 12:15 to 1 p.m.; Monday to Friday, 3 to 6 p.m.; Monday and Wednesday, 7:30 to 9 p.m.; Saturday, 7 a.m. to 3 p.m. and Sunday, noon to 3 p.m.

- Open Swim for authorized patrons (fees apply), Monday, Wednesday and Friday, 3 to 6 p.m.; Saturday, 9 a.m. to 3 p.m., and Sunday, noon to 3 p.m.

- Family Fun Swims, Friday 7:30 to 9 p.m. and Sunday, 3 to 5 p.m.; \$3 per family. Have a splashing good time with your air mats, wacky noodles and lifeguard-approved toys.

Bowling

(Building 656, 841-4293)

— Seaview Lanes fall/winter hours of operation follow:

Monday, 5 to 9 p.m.; Tuesday through Friday, 5 to 10 p.m., Saturday and Sunday, 1 to 7 p.m. Every other Saturday night, 8 to 11 p.m. for Rock 'n Bowl.

Specials:

- 'Rock and Bowl' Nov. 30 from 8 to 11 p.m. Rock, roll and bowl at Seaview Lanes! It's affordable and it's fun, so don't miss out! \$7 per person, including shoe rentals.

- Sunday special is \$7 an hour from 1 to 7 p.m. for two people.

- Bowling birthday parties available Saturdays and Sundays and include reserved lanes with or without bumpers. A party table with

chairs is also included. Cost is just \$5 for each child, including shoe rental.

— Bumper bowling is always available.

Fitness programs

— **Turkey Trot Fun Run and Walk:** Burn off some extra calories before Thanksgiving by joining the "Turkey Trot Fun Run and Walk" today, beginning at 11:50 a.m. The three-mile run and one and a half mile walk will take you around Coasters' Harbor Island, beginning and ending at Gym 109.

This event is open to all active duty, retirees, reserve personnel, DoD civilians and all family members. Participants under age 18 must have written parental consent (on form available at Gym 109). Prizes will be awarded to the first female and male to cross the finish line. Registrations will also be accepted the day of the race. For more information, call Brett Estrella at 841-7196.

Youth basketball: Youth, ages 4 to 15 are invited to register for winter basketball, which begins on Jan. 11 and runs through March 22. Games will be played Satur-

days and players will be notified of game location prior to game. Cost is \$25 per child and registration ends on Friday, Nov. 29. Register at Gym 109, Monday through Friday, between 8 a.m. and 4:30 p.m. in the Athletic Director's office.

All coaches meetings and team selections will be at Newport County YMCA on Valley Road. For more information, call Jeff Dunn at 841-7196.


The adult intramural basketball league is scheduled to begin on Monday, Jan. 6, and is open to active duty, retirees, reservists, dependents and DoD civilians ages 18 and over. Registration begins Dec. 9 and will be accepted Monday through Friday 8 a.m. to 4:30 p.m. at Gym 109 until Friday, Jan. 31.

The league is divided into age categories for players 18 and over and 35 and over and games are played Monday through Friday evenings at 5:30, 6:30 and 7:30 on Courts 1 and 3.

There is a \$15 fee for DoD civilians and teams are limited to four DoD participants. All teams are required to pay a \$100 refundable forfeit fee.

For more information, call Jim Gauch at 841-7196.

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and
*** Sunday, December 1**

10am to 5pm.

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Admission Free

Splash down

Calvin Clements, Morale, Welfare and Recreation Department maintenance staff, power washes the hull of a 30-foot Shields at Building W-34.

Richard Alexander
U.S. Navy photos



Marina's sailboats left high 'n dry; one to dress for holidays

By KATE HOWARD
NAVSTA Public Affairs Staff

With the summer boating season over, the Morale, Welfare and Recreation Department last week teamed with Public Works' Transportation Division to remove most of the boats from the Naval Station Newport Marina, and store them for the winter.

Armed with mobile cranes and a forklift, sailboats and powerboats alike were hauled out of the water one by one, then power-washed, and stored at Building W-34 for the season.

The larger boats, the 30-foot Shields, were out-hauled on Nov. 15. The Marina fleet consists of six Shields, 19 Rhodes 19s, and seven 16-foot Alcar out-board powerboats.

Last Friday, Walter Szynal, Marina manager, with assistant Hem Boromeo brought each Shield to the south piers near the Helicopter Pad where a mobile crane from Casey's Boat Hauling of Newport lifted them out, and loaded them on a boat trailer and cradle. Each boat was then hauled to Building W-34.

A second crane from Transportation Division lifted

the boat to a winter storage cradle, and MWR maintenance staffer Calvin Clement took over for powerwashing.

During their storage, Marina assistant Bill Osman and Szynal will clean, sand and paint the bottom of each boat, wax the hulls above the waterline, and lubricate the deck hardware. Checks and repairs will be done on the body of the boat as well as the masts and sails.

Red winter marker balls will replace the sailboat mooring buoys in Coasters' Harbor.

But all the sailboats aren't out of sight and out of mind this holiday season.

The MWR facilities crew this week placed a Rhodes 19 named "Ruth" in a cradle at the Helo Pad. Its mast was re-stepped, and its lines will be decorated with

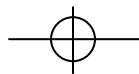


WALTER Szynal, right, Marina manager, and assistant Hem Boromeo bring a Shields over to the south docks near the Helo Pad.

Christmas lights.

MWR Facilities Manager Ron Petrie said some improvements are planned for the Marina by next season. On Nov. 25, "A" Dock closest to Gate 1 will be removed and replaced by a concrete dock on floats.

The Marina's fleet is used by the Coasters' Harbor Navy Yacht Club for sailing lessons every season. Berthing for pleasure craft owned by active duty and retired military is a strong source of income for MWR.



Graduation

Continued from Page 3

ment of the Army

Cmdr. Mark A. McDaniel, U.S. Navy
Cmdr. Bruce A. Shaw, U.S. Navy
Cmdr. Richard L. Terrell, Jr., U.S. Navy
Lt. Col. James R. Trahan, U.S. Marine Corps
Lt. Col. Mark D. VanUs, U.S. Army

College of Naval Command and Staff:

Lt. Cmdr. Gregory L. Anderson, U.S. Navy
Lt. Cmdr. Bruce G. Bachand, U.S. Navy
Lt. Cmdr. Mark B. Benjamin, U.S. Navy
Lt. Cmdr. Richard D. Brawley, U.S. Navy
Lt. Cmdr. Warren R. Buller II, U.S. Navy
Lt. Cmdr. Michael F. Chesire, U.S. Navy
Lt. Cmdr. John W. Chewning, U.S. Navy
Lt. Cmdr. Anthony J. Clapp, U.S. Navy
Lt. Cmdr. Gregory S. Clark, U.S. Navy
Lt. Cmdr. David A. Culler, Jr., U.S. Navy
Lt. Cmdr. JoAnne T. Cunningham, U.S. Navy
Lt. Cmdr. William J. Darney III, SC, U.S. Navy

Lt. Cmdr. Christopher S. Drewello, U.S. Navy
Lt. Cmdr. Darrell D. Everhart, U.S. Navy
Maj. Michael R. Fenzel, U.S. Army
Lt. Cmdr. James J. Fisher, U.S. Navy
Lt. Cmdr. Emmet S. Gathright, U.S. Navy
Cmdr. Douglas J. Grossmann, U.S. Navy
Lt. Cmdr. Michael A. Herrera, U.S. Navy
Lt. Cmdr. William D. Hopper, U.S. Navy
Lt. Cmdr. Scott B. Howell, U.S. Navy
Lt. Cmdr. Thomas R. Huerter, U.S. Navy
Lt. Cmdr. Leon R. Jablow IV, U.S. Navy
Maj. Kenneth L. Kamper, U.S. Army
Lt. Cmdr. James A. Kirk, U.S. Navy
Lt. Cmdr. Scott A. McClure, U.S. Navy
Lt. Cmdr. James P. McGrath III, U.S. Navy
Lt. Cmdr. John M. McLain, U.S. Navy
Lt. Cmdr. Carl W. Meuser, U.S. Navy
Lt. Cmdr. Carl D. Neidhold, U.S. Navy
Lt. Cmdr. Julie E. O'Rourke, U.S. Navy
Lt. Cmdr. Victor M. Ott, U.S. Navy
Lt. Cmdr. James A. Roick, U.S. Navy

Lt. Cmdr. William Rossi, U.S. Navy
Lt. Cmdr. John P. Sanford, U.S. Navy
Lt. Cmdr. Stuart C. Satterwhite, U.S. Navy
Lt. Cmdr. Michael K. Savageaux, U.S. Navy
Lt. Cmdr. Michael A. Scheiber, U.S. Navy
Lt. Cmdr. Sean G. Skelly, U.S. Navy
Lt. Cmdr. Andrew F. Smith, U.S. Navy
Lt. Cmdr. Michael S. Steiner, U.S. Navy
Lt. Gregory S. Thoroman, U.S. Navy
Lt. Cmdr. Travis J. Trupp, U.S. Navy
Lt. Cmdr. Howard M. Watson, U.S. Navy
Lt. Cmdr. Mary A. Yonk, NC, U.S. Navy

College of Distance Education:

Capt. John R. Bennett, U.S. Naval Reserve
Mr. John A. Gastright, Jr., Congressional Staff
Ms. Mary deLourdes Marshall, National Security Agency
Lt. Col. Christopher L. McRae, U.S. Marine Corps Reserve
Mr. Michael H. Reifer, National Security Agency
Lt. Cmdr. Joseph L. Roth, U.S. Navy

Thanks

Continued from Page 10

and way of life of our fellow citizens and our country. We can be thankful that we have been found worthy of that trust and responsibility. This reflects the idea that President Kennedy was going to express in a speech on Nov. 22, 1963. He was on his way to deliver that speech when he was assassinated. This is a portion of what he was going to say:

"We in this country, in this generation are - by destiny rather than

choice - the watchmen on the walls of world freedom. We ask, therefore, that we may be worthy of our power and responsibility, that we may exercise our strength with wisdom and restraint, and that we may achieve in our time and for all time the ancient vision of peace on earth, good will toward men. That must always be our goal.... For as was written long ago, 'Except the Lord keep the city,

the watchman waketh but in vain."

As we each gather in our own varied and unique ways to celebrate Thanksgiving this year, let's do so with truly thankful hearts to our Provider God. We are thankful for our diversity, our heritage, and for the responsibilities entrusted to us to preserve our freedom. May God richly bless us this year and may God bless America.

TRICARE

Continued from Page 7

to other health care providers such as specialists, pharmacists, or laboratory technicians who, at the request of your primary care manager, may need access to your private health care information to provide you with optimal care.

MTFs may not share your personal health care information with outside sources for marketing, health care research, or any other reason without your knowledge and written consent.

Privacy officers are located at every MTF and serve as beneficiary advocates for privacy issues and will respond to inquiries from TRICARE beneficiaries who may have questions or concerns regarding per-

sonal health care information or the new privacy rules. Privacy officers will ensure that private health care information remains accessible to beneficiaries and their providers and protected from unauthorized access.

Beneficiaries who have questions or concerns regarding their privacy rights may contact their local MTF privacy officer for assistance.

A copy of the MHS Notice of Privacy Practices is available on the TRICARE Web site at www.tricare.osd.mil/hipaa. Additional information on TRICARE and the HIPAA privacy rules is available at this site.

Suicide

Continued from Page 7

Field in Milton, Fla., and the psychiatry clinic at the local Naval hospital. They worked together to refine the referral process for suicide risk cases, and the psychiatrist has provided additional sui-

cide prevention training for council members. All CNET commands have similar councils that meet regularly to assess suicide prevention and strategize on improvements.

The campaign stresses the importance of getting help immediately, and notifying command leaders as soon as a problem arises. Individual responsibility is emphasized.



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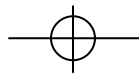
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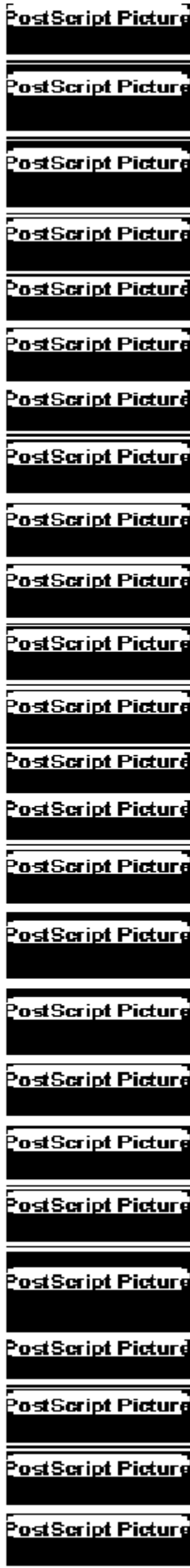
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PHC Johnny Bivera/U.S. Navy photo

SAILORS man the rails of the newly commissioned USS Preble (DDG 88) as the guided missile destroyer is 'brought to life' and into naval service during traditional Navy ceremonies in South Boston on Nov. 9. The ship stopped in Newport in October.

Navy-wide news

Education reduces Navy suicide rates

WASHINGTON (NNS) — One of the Navy's most unhappy statistics is that, until recently, a leading cause of death among its ranks was suicide.

The good news is that a renewed emphasis on educating Sailors about preventing suicide has helped the Navy have its lowest suicide rate in a decade. The other armed services, too, have made suicide prevention progress.

With the hope of continuing this trend, the Department of Defense and the military services are conducting a series of educational and informational events, that started with a suicide prevention forum Nov. 19.

According to Dr. Mark Long, a psychologist with the health promotion/population health program at Navy Environmental Health Center Portsmouth, Va., one of the main reasons for this forum is to promote a suicide awareness campaign within the military.

Another goal is to help educate service members about warning signs that indicate an individual may be thinking about suicide.

Acting on these warning signs is one way to help prevent these needless deaths.

Carrier Constellation snuffs machinery fire

SAN DIEGO (NNS) — The crew of USS Constellation (CV 64) quickly responded to a main machinery room fire Nov. 8, preventing any serious injuries or degradation to the ship's ability to continue its deployment.

The fire, which broke out in one of Constellation's four main machinery rooms, was caused by a fuel oil leak. The affected space was immediately evacuated and installed fire fighting equipment that contained the fire until the

ship's fire parties and damage control teams extinguished it.

Only minor injuries occurred and damage assessment is ongoing. Initial assessment indicates there is minimal damage, and the ship is continuing its current mission.

The Constellation Battle Group is headed to the North Arabian Sea for a regularly scheduled deployment. Constellation departed San Diego on Nov. 2.

For related news about USS Constellation (CV 64), visit their custom Navy NewsStand page at www.news.navy.mil/local/cv64.

Naval reservists try SWO mentoring

ATLANTA (NNS) — Senior Naval Reserve surface warfare leaders have created a groundbreaking career initiative for Naval Reserve surface warfare officers (NR SWO).

The new Naval Reserve Surface Warfare Mentoring Program will provide career guidance and leadership advice by partnering senior surface warfare officer (SWO) mentors with junior SWOs interested in a successful career as a reserve officer.

"This program seeks to create and formalize a structure to pass relevant information and personal guidance from the senior SWO leadership to the junior SWO personnel," said Rear Adm. Bob Clark, Commander of Naval Reserve Readiness Command Mid-Atlantic and NR SWO Mentoring Program flag sponsor.

"The goal is for all to have an equal opportunity for this information and guidance."

NR SWO flag officers directed the development of the NR SWO Mentoring Program, but a national group of the most senior captains (O-6), representing each of the nine readiness commands, provides direct guidance.

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